What is claimed is:

1.   A method comprising the steps of:

providing a disk surface that is divided into a plurality of zones, the disk surface having a head associated therewith;

measuring amplitudes of a plurality of AGC fields in a first of said plurality of zones;

5   storing a calibrated value, which is based upon the measured amplitudes, onto the disk surface for use in determining whether a high fly write condition exists in the first of said plurality of zones.

2.   The method of claim 1 including the steps of:

receiving a write command to write a block of data in the first of said plurality of zones;

measuring an amplitude of an AGC field in the first of said plurality of zones in

5   response to the write command; and,

comparing the measured amplitude to the calibrated value.

3.   The method of claim 2 including the steps of:

writing the block of data onto the disk surface in a data sector associated with the AGC field in the first of said plurality of zones; and,

determining whether the measured amplitude is within a predetermined tolerance in

5   comparison to the calibrated value.

4.   The method of claim 3 including the step of:

re-measuring the amplitude of the AGC field in the first of said plurality of zones

when the measured amplitude is outside of the predetermined tolerance in comparison to the

calibrated value.

5.   The method of claim 4 including the steps of:

re-writing the block of data onto the disk surface in the data sector associated with

the AGC field in the first of said plurality of zones; and,

determining whether the re-measured amplitude is within the predetermined tolerance

in comparison to the calibrated value.

6.   The method of claim 5 including the step of:

determining whether a high fly write flag has been set if the re-measured amplitude

is outside of the predetermined tolerance in comparison to the calibrated value.

7.   The method of claim 6 including the step of:

performing a burnishing process by allowing the head to contact the disk surface, if

the high fly write flag has not been set.

8.   The method of claim 7 including the step of:

setting a high fly write flag.

9.   The method of claim 6 including the step of:

writing the block of data to a different data sector on the disk surface if the high fly write flag has been set.

10.   The method of claim 6, including the steps of:

providing a second disk surface; and,

writing the block of data to a data sector on the second disk surface.

11.   The method of claim 1, wherein said calibrated value is an average of the measured amplitudes.

12.   The method of claim 1, wherein said calibrated values is stored in a utility sector on the disk surface.

13.   The method of claim 1, wherein the steps of claim 1 are performed during a self-test procedure.

14.   The method of claim 1, wherein the first of said plurality of zones is a single track.